

# The 100 Mile Club

## The pedometers are here!

We will begin our 100 Mile Club beginning today! Here are the details:

1. Sign the form below and send with your child to school to pick up their pedometer (or pick it up the next time you are here).
2. Let your child wear the pedometer and keep track of his/her steps. You'll be amazed!
3. Use the step converter below to figure your child's miles.
4. Send the attached slips back to school after every 10 miles. Your child's card will be punched by the classroom teacher.
5. For every 100 miles your child walks, runs, plays, or wiggles - your child can come to the office and receive a 100 Mile Club wristband. Help your child collect every color!
6. Let's get our kids active and fit!

## Step Converter:

The following facts can be used for your child's pedometer:

- 2,000 steps = 1 mile
- 10,000 steps = 5 miles
- 20,000 steps = 10 miles



## Please Return This Form With Your Child:

I agree to let my child \_\_\_\_\_ check out a pedometer for the 2010-2011 school year. I will keep track of the miles my child walks and send back the slips for every 10 miles.

At the end of the year, I will return the pedometer to school so it can be used by students for the next school year.

Teacher's Name \_\_\_\_\_ Class \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Sample Pedometer Tracking Chart (or use your family's calendar):

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

- 2,000 steps = 1 mile
- 10,000 steps = 5 miles
- 20,000 steps = 10 miles

My child \_\_\_\_\_ Grade \_\_\_\_\_  
has completed 10 miles of activity. Please punch his/her card.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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